

What is **CARDIAC REHABILITATION?**

1 Regular Exercise

From supervised activities, to a daily walk in the park, the idea is to get moving.



2 Adopt a Heart Healthy Diet

This includes meals that are low in salt and rich in whole grains, fruits, vegetables, low-fat meats and fish.



Cardiac Rehabilitation Programs Typically Consist Of The Following **5** Components

3 Reduce Stress

Learn to control your daily stress through relaxation techniques, recreation, music and other various methods.



5 Stop Smoking

Most cardiac rehab programs offer methods to help you kick this harmful habit.



4 Medical Therapy

Follow your doctor's instructions carefully and take your medications as directed.



CALL 719-657-4140 FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT

Guidelines For Cardiac Rehabilitation Programs

SA Dillow



Guidelines For Cardiac Rehabilitation Programs:

Enjoying the Tune of Phrase: An Psychological Symphony within **Guidelines For Cardiac Rehabilitation Programs**

In some sort of eaten by monitors and the ceaseless chatter of fast transmission, the melodic splendor and emotional symphony developed by the published word frequently disappear in to the backdrop, eclipsed by the relentless noise and interruptions that permeate our lives. But, nestled within the pages of **Guidelines For Cardiac Rehabilitation Programs** a marvelous fictional value full of raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that charming masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of this emotional analysis, we will discover the book is central harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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